

# **2010 FIREFIGHTER PHYSICAL PERFORMANCE TEST**

## **PRACTICE SESSIONS**

### **INSTRUCTIONS TO CANDIDATES**

#### **\*READ COMPLETELY BEFORE PARTICIPATING IN THE PHYSICAL PERFORMANCE PRACTICE SESSIONS\***

You should complete the physical performance practice session as quickly and safely as you can. You should do each task as well as you can, and give it your best effort in conformity with the test instructions.

While running is not allowed during the test, you should proceed between stations as quickly as possible. If you run or miss a step when going down the drill tower, you will be ordered to go back to where the infraction occurred to correctly complete that portion of the exercise. You must follow the lines indicated on the ground for each station. Cutting corners is not permitted. The time will continue while the correction is made. **Running** is defined as having both feet off of the ground at one time.

#### **Climbing Stairs under Load (Hose Bundle):**

- You may adjust the bundle while it's on the table before the time starts. The entire bundle must be on the table (no portion will be allowed to hang over the edge). After you adjust the bundle, stand behind the start line and let the timer know you are ready.
- Bundle must be on your shoulder at all times. If it falls, you must place it back on your shoulder.
- Both feet must touch the fifth floor landing before lowering bundle.
- The bundle must be placed inside the red square on the fifth floor landing before descending stairs.
- You may skip steps on the way up.
- You must touch every step while descending tower.
- Candidate must walk around cone, following yellow line to the next station.

#### **Dragging a Charged Hoseline:**

- The hose must be carried over the shoulder. The nozzle must not drag on the ground.
- As the nozzle is placed on the ground, the entire metal nozzle, including the metal couplings, must completely cross the finish line indicated on the ground.
- Follow the yellow line to the next station.

#### **Victim Rescue:**

- You must initially lift the rescue mannequin from under the arms and from behind and pull the rescue mannequin backwards.
- If you lose your grip, you may complete the station by gripping either the jacket, one arm, or both arms and continue pulling the mannequin backwards.
- You may allow the feet of the mannequin to lift off the ground.
- You are not allowed to pull by the head of the mannequin, or allow the head to drag on the ground.
- Both feet of the rescue mannequin must completely cross the finish line indicated on the ground.
- Follow the yellow line to the next station.

#### **Equipment Carry:**

- You are not allowed to carry the fan on your shoulder or head.
- You must place the fan in the red square indicated on the ground at the end of the task.
- Follow the yellow line to the next station.

#### **Forcible Entry Simulator (Keiser Machine):**

- No hooking or pulling of the steel girder is allowed.
- The steel girder must pass the end of the stainless steel track. Timers will yell, "STOP" to indicate when you have completed the test.

## IMPORTANT INFORMATION:

- The maximum time limit for the Physical Performance Test (PPT) is 7 minutes. We will continue timing individuals until they have completed the practice session. If the candidate is still participating in the practice session after 8 minutes, you will be notified that 8 minutes have elapsed. If you exceed 10 minutes, you will be asked to stop as the time trial will be finished.
- Please note that while the practice session is being conducted, the timers or participants are not allowed to provide candidates with encouraging statements such as “You’re doing great!” or “The hard part is over!”
- All equipment must be worn during the practice session. Make sure all equipment fits properly before starting. If, for example, a glove or helmet falls off, you must stop **immediately** to put the equipment back on and proceed with the test. The time will NOT stop.
- You may request your time throughout the time trial. Call out “Time,” and the timer will tell you the time on the stopwatch
- If you have any questions, please ask the timers before you begin.

Physical Performance Test Time	Physical Performance Test Band Score
Less than 3 minutes, 30 seconds	100
3 minutes, 30 seconds – 4 minutes, 14 seconds	95
4 minutes, 15 seconds – 4 minutes, 59 seconds	90
5 minutes – 5 minutes, 44 seconds	85
5 minutes, 45 seconds – 7 minutes	80
More than 7 minutes	Fail